

SKILLS COMPONENT(SECONDARY):

Chicken Fabrication

Each contestant will have 1 chicken to fabricate. They should execute the following:

1. Two breasts – The breast should be skin off and boneless, except for the first bone of the wing which should be attached. The tender should be intact and attached to the breast. The wing bone and tender can be removed after for use on the salad, if desired.
2. Two leg/thigh portions – the leg and thigh should be bone-in
3. Carcass meat, trim and bones are to be used for stock and soup.

SKILLS COMPONENT(SECONDARY):

VEGETABLE CUTS

Prepare the following vegetable cuts and/or tasks and present for judging. These items will be used in other menu items:

1. **Oblique** – 3 oz. Use Vegetables based on your menu
2. **Chopped Parsley** – ¼ Bunch
3. **Tomato Concasse** –1 Roma tomato
4. **Minced** ½ Onion
½ head garlic
5. **Medium Dice (1/2 ” x 1/2” x 1/2” cube)**- 1 cup. Use vegetables based on your menu.
6. **Julienne (1/8x1/8 x1 ½ to 2inches)** Carrots -3 oz. prepared weight required.

COMPOSED SALAD WITH EMULSION DRESSING

Contestants' choice

Skill Component: Cleaning-handling of greens/ Permanent Emulsion

Yield: 2 servings

Guidelines for the composed salad:

- A permanent emulsion dressing is required.
- Three room temperature or chilled vegetable garnishes are required. They may be raw or cooked. One must be the tomato concasse prepared in the knife cut segment.
- Properly cleaned lettuce or greens are required.
- A crisp component is required. Examples may include a crostini, potato crisp, or cheese crisp

SAUTEÉD CHICKEN BREAST WITH MUSHROOM PAN SAUCE

Skill Component: Sauté with pan sauce

Yield: 2 plates

- ✓ Properly sauté appropriate pieces of chicken. Prepare mushroom pan sauce from fond.
- ✓ Plate chicken with sauce, rice pilaf, green vegetable and glazed carrot.

STARCH ACCOMPANIMENTS FOR SAUTEÉD ENTRÉE

Skill Component: Rice Pilaf

Yield: 2 portions

Typical ingredients for Rice Pilaf

Fat (butter, oil)
Onion, minced
Brown rice
Chicken stock or broth
Butter
Salt and pepper

VEGETABLE ACCOMPANIMENTS FOR SAUTEÉD ENTRÉE

Skill Component: Green Vegetable Cookery

Yield: 2 servings

Ingredients:

Green Vegetable of choice (Cut as desired and/or practical)
Seasonings – your selection from contest supplies as desired
Fresh herbs – your selection from contest supplies as desired

Instructions:

Using proper cooking technique for vegetables, prepare a sufficient amount for two (2) portions.

For creative variation, you may utilize additional herbs and seasonings from the contest supplies at your discretion